Raw Cauliflower

Raw cauliflower's texture is rough, like a sponge, and will scrub at tough food accumulations on the teeth. If cauliflower is well washed, it is safe to eat raw, unless it causes stomach upset. There are a variety of vitamins in cauliflower that can be lost or changed during cooking. Therefore, many people advise eating it raw, or lightly steamed. A carbohydrate and fiber rich food, cauliflower adds flavor, color, and texture to raw vegetable mixtures. When eaten raw, it can leave an odd taste in the mouth. A warm buttery sauce will soften it some without affecting vitamin content.

Pre Cook Preparation:
   A. Timer set for preparation time set for 10 minutes before you plan to eat

Meal Adaptations:
   Physical Accommodations:
      Frozen or canned vegetables can be used

   Visual Accommodations:
      Colored chopping boards

   Potential Food Allergy or Intolerance:
      Butter (lactose)
      Cauliflower
      Pepper
      Spices

   Meatless Preparation Avoid:
      Butter
      Substitute with: _____

Utensils:
   Chopping board
   Fork
   Knife
      Pan: None

Ingredients:

   Meat: None

   Vegetables:
      8 ounces of raw cauliflower

   Other ingredients:
      Dash of salt
         Optional:
            2 tablespoons of butter
            2 tablespoons of favorite salad dressing
            Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
    1. Wash 8 ounces of raw cauliflower well under warm water.
    2. Slice the 8 ounces of raw cauliflower.
    3. Place in a bowl:
      8 ounces of raw cauliflower
      Dash of salt
        Optional:
          2 tablespoons of melted butter, or
            2 tablespoons of favorite salad dressing
          Spices, such as pepper, to taste

Cook Temperature: None

Cook Time: None

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
    Counter safe: 30 minutes to an hour to place in the fridge or freezer
    Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
    Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions: None